Attachment 15
FITNESS ASSESSMENT CHART – MALE: AGE: < 30

	Cardiorespiratory Endurance				В	ody Composition	n		Muscle Fitness				
≤ 9:12	Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups			
9.13 - 9.34	(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points		
9.35 - 9.45   Low-Risk   59.3   33.5   Low-Risk   20.0   60   9.3   53   9.2   9.96 - 9.58   Low-Risk   58.5   34.0   Low-Risk   20.0   60   9.3   53   9.2   9.59 - 10:10   Low-Risk   58.5   34.5   Low-Risk   20.0   59   9.2   52   9.0   10:11 - 10:23   Low-Risk   57.9   35.0   Low-Risk   20.0   58   9.1   51   8.8   10:24 - 10:37   Low-Risk   57.3   35.5   Moderate Risk   17.6   57   9.0   50   8.7   10:38 - 10:51   Low-Risk   56.6   36.0   Moderate Risk   17.0   56   8.9   49   8.5   10:52 - 11:06   Low-Risk   53.7   36.5   Moderate Risk   15.8   54   8.8   47   8.0   11:23 - 11:38   Low-Risk   53.7   37.5   Moderate Risk   15.8   54   8.8   47   8.0   11:39 - 11:56   Low-Risk   50.9   38.5   Moderate Risk   15.1   53   8.7   46   7.5   11:57 - 12:14   Low-Risk   50.9   38.5   Moderate Risk   13.5   51   8.5   44   6.5   12:15 - 12:33   Low-Risk   49.2   39.0   Moderate Risk   13.5   51   8.5   44   6.5   12:15 - 13:36   Moderate Risk   47.2   39.5   High Risk   10.6   48   8.1   41   5.5   13:15 - 13:36   Moderate Risk   44.9   40.0   High Risk   10.6   48   8.1   41   5.5   13:15 - 13:36   Moderate Risk   42.3   40.5   High Risk   9.4   47   8.0   40   5.0   12:54 - 13:14   Moderate Risk   44.9   40.0   High Risk   8.2   46   7.8   8.0   40   5.0   13:37 - 1400   High Risk   39.3   41.0   High Risk   8.2   46   7.8   39   4.5   14:10 - 14:25   High Risk   35.8   41.5   High Risk   5.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3   15:21 - 15:50   High Risk   27.1	≤ 9:12	Low-Risk	60.0		≤ 32.5	Low-Risk	20.0	≥ 67	10.0	≥ 58	10.0		
9.46 - 9.58	9:13 - 9:34	Low-Risk	59.7		33.0	Low-Risk	20.0	62	9.5	55	9.5		
9:59 - 10:10	9:35 - 9:45	Low-Risk	59.3		33.5	Low-Risk	20.0	61	9.4	54	9.4		
10:11 - 10:23	9:46 - 9:58	Low-Risk	58.9		34.0	Low-Risk	20.0	60	9.3	53	9.2		
10:24 - 10:37	9:59 - 10:10	Low-Risk	58.5		34.5	Low-Risk	20.0	59	9.2	52	9.0		
10:38 - 10:51	10:11 - 10:23	Low-Risk	57.9		35.0	Low-Risk	20.0	58	9.1	51	8.8		
10:52 - 11:06	10:24 - 10:37	Low-Risk	57.3		35.5	Moderate Risk	17.6	57	9.0	50	8.7		
11:07 - 11:22	10:38 - 10:51	Low-Risk	56.6		36.0	Moderate Risk	17.0	56	8.9	49	8.5		
11:23 - 11:38	10:52 - 11:06	Low-Risk	55.7		36.5	Moderate Risk	16.4	55	8.8	48	8.3		
11:39 - 11:56	11:07 - 11:22	Low-Risk	54.8		37.0	Moderate Risk	15.8	54	8.8	47	8.0		
11:57 - 12:14	11:23 - 11:38	Low-Risk	53.7		37.5	Moderate Risk	15.1	53	8.7	46	7.5		
12:15 - 12:33	11:39 - 11:56	Low-Risk	52.4		38.0	Moderate Risk	14.4	52	8.6	45	7.0		
12:34 - 12:53   Moderate Risk   47.2   39.5   High Risk   11.7   49   8.3   42 * 6.0     12:54 - 13:14   Moderate Risk   44.9   40.0   High Risk   10.6   48   8.1   41   5.5     13:15 - 13:36 * Moderate Risk   42.3   40.5   High Risk   9.4   47   8.0   40   5.0     13:37 - 14:00   High Risk   39.3   41.0   High Risk   8.2   46   7.8   39   4.5     14:01 - 14:25   High Risk   35.8   41.5   High Risk   6.8   45   7.7   38   4.0     14:26 - 14:52   High Risk   31.7   42.0   High Risk   5.3   44   7.5   37   3.5     14:53 - 15:20   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3     15:21 - 15:50   High Risk   21.7   43.0   High Risk   1.9   42   7.2   35   3.0     15:51 - 16:22   High Risk   15.5   ≥ 43.5   High Risk   0.0   41   7.0   34   2.5     16:23 - 16:57   High Risk   8.3   40   6.8   33   2.0     ≥ 16:58   High Risk   0.0   39   6.5   32   1.5	11:57 - 12:14	Low-Risk	50.9		38.5	Moderate Risk	13.5	51	8.5	44	6.5		
12:34 - 12:53   Moderate Risk   47.2   39.5   High Risk   11.7   49   8.3   42 * 6.0     12:54 - 13:14   Moderate Risk   44.9   40.0   High Risk   10.6   48   8.1   41   5.5     13:15 - 13:36 * Moderate Risk   42.3   40.5   High Risk   9.4   47   8.0   40   5.0     13:37 - 14:00   High Risk   39.3   41.0   High Risk   8.2   46   7.8   39   4.5     14:01 - 14:25   High Risk   35.8   41.5   High Risk   6.8   45   7.7   38   4.0     14:26 - 14:52   High Risk   31.7   42.0   High Risk   5.3   44   7.5   37   3.5     14:53 - 15:20   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3     15:21 - 15:50   High Risk   21.7   43.0   High Risk   1.9   42   7.2   35   3.0     15:51 - 16:22   High Risk   15.5   ≥ 43.5   High Risk   0.0   41   7.0   34   2.5     16:23 - 16:57   High Risk   8.3   40   6.8   33   2.0     ≥ 16:58   High Risk   0.0   39   6.5   32   1.5	12:15 - 12:33	Low-Risk	49.2		39.0 *	Moderate Risk	12.6	50	8.4	43	6.3		
12:54 - 13:14         Moderate Risk         44.9         40.0         High Risk         10.6         48         8.1         41         5.5           13:15 - 13:36 ** Moderate Risk         42.3         40.5         High Risk         9.4         47         8.0         40         5.0           13:37 - 14:00         High Risk         39.3         41.0         High Risk         8.2         46         7.8         39         4.5           14:01 - 14:25         High Risk         35.8         41.5         High Risk         6.8         45         7.7         38         4.0           14:26 - 14:52         High Risk         31.7         42.0         High Risk         5.3         44         7.5         37         3.5           14:53 - 15:20         High Risk         27.1         42.5         High Risk         3.7         43         7.3         36         3.3           15:51 - 16:22         High Risk         21.7         43.0         High Risk         1.9         42         7.2         35         3.0           16:23 - 16:57         High Risk         8.3         High Risk         0.0         41         7.0         34         2.5           16:23 - 16:57         High Risk<		Moderate Risk	47.2		39.5			49	8.3	42 *			
13:15 - 13:36 * Moderate Risk   42.3   40.5   High Risk   9.4   47   8.0   40   5.0     13:37 - 14:00   High Risk   39.3   41.0   High Risk   8.2   46   7.8   39   4.5     14:01 - 14:25   High Risk   35.8   41.5   High Risk   6.8   45   7.7   38   4.0     14:26 - 14:52   High Risk   31.7   42.0   High Risk   5.3   44   7.5   37   3.5     14:53 - 15:20   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3     15:21 - 15:50   High Risk   21.7   43.0   High Risk   1.9   42   7.2   35   3.0     15:51 - 16:22   High Risk   15.5   ≥43.5   High Risk   0.0   41   7.0   34   2.5     16:23 - 16:57   High Risk   0.0   39   6.5   32   1.5     2   16:58   High Risk   0.0   39   6.5   32   1.5     38   6.3   31   1.3     37   6.0   30   1.0     38   6.3   31   4.5     39   4.5     40   40   40   40   40     40   40		Moderate Risk	44.9		40.0			48		41			
13:37 - 14:00   High Risk   39.3   41.0   High Risk   8.2   46   7.8   39   4.5     14:01 - 14:25   High Risk   35.8   41.5   High Risk   6.8   45   7.7   38   4.0     14:26 - 14:52   High Risk   31.7   42.0   High Risk   5.3   44   7.5   37   3.5     14:53 - 15:20   High Risk   27.1   42.5   High Risk   3.7   43   7.3   36   3.3     15:21 - 15:50   High Risk   21.7   43.0   High Risk   1.9   42   7.2   35   3.0     15:51 - 16:22   High Risk   15.5   ≥ 43.5   High Risk   0.0   41   7.0   34   2.5     16:23 - 16:57   High Risk   8.3   40   6.8   33   2.0     ≥ 16:58   High Risk   0.0   38   6.5   32   1.5     16:59   High Risk   0.0   38   6.3   31   1.3     15   16:59   High Risk   0.0   33   35   5.5     16:50   High Risk   0.0   33   3.0     16:50   High Risk   0.0   33   3.0     17   18   18   18   18   18     18   19   18   18   18     19   18   18   18   18     19   18   18   18   18     10   18   18   18   18     10   18   18   18   18     11   18   18						-							
14:01 - 14:25       High Risk       35.8       41.5       High Risk       5.3       44       7.5       38       4.0         14:26 - 14:52       High Risk       31.7       42.0       High Risk       5.3       44       7.5       37       3.5         14:53 - 15:20       High Risk       27.1       42.5       High Risk       3.7       43       7.3       36       3.3         15:21 - 15:50       High Risk       21.7       43.0       High Risk       1.9       42       7.2       35       3.0         15:51 - 16:22       High Risk       15.5       ≥ 43.5       High Risk       0.0       41       7.0       34       2.5         16:23 - 16:57       High Risk       8.3       40       6.8       33       2.0         ≥ 16:58       High Risk       0.0       39       6.5       32       1.5	13:37 - 14:00	High Risk			41.0			46	7.8	39	4.5		
14:26 - 14:52       High Risk       31.7       42.0       High Risk       5.3       44       7.5       37       3.5         14:53 - 15:20       High Risk       27.1       42.5       High Risk       3.7       43       7.3       36       3.3         15:21 - 15:50       High Risk       21.7       43.0       High Risk       1.9       42       7.2       35       3.0         15:51 - 16:22       High Risk       15.5       ≥ 43.5       High Risk       0.0       41       7.0       34       2.5         16:23 - 16:57       High Risk       8.3       40       6.8       33       2.0         ≥ 16:58       High Risk       0.0       39       6.5       32       1.5         16:23 - 16:57       High Risk       0.0       39       6.5       32       1.5         16:23 - 16:58       High Risk       0.0       39       6.5       32       1.5         16:23 - 16:58       High Risk       0.0       37       6.0       30       1.0         16:24 - 16:58       High Risk       0.0       36       5.8       ≤ 29       0.0         16:27 - 16:59       High Risk       0.0       31       0.0 </td <td></td>													
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$													
15:21 - 15:50													
15:51 - 16:22   High Risk   15.5   ≥ 43.5   High Risk   0.0   41   7.0   34   2.5													
16:23 - 16:57   High Risk   8.3													
≥ 16:58       High Risk       0.0       39       6.5       32       1.5         38       6.3       31       1.3         37       6.0       30       1.0         36       5.8       ≤ 29       0.0         35       5.5       34       5.3         33       33*       5.0       32       4.8         31       4.5       31       4.5         4       30       4.3       4.3         NOTES:       29       4.0       4.0         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member must: 1) meet minimum value in each of       25       2.8         the four components, and 2) achieve a composite point total ≥ 75 points       24       2.5         *Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7						<u> </u>							
38   6.3   31   1.3   37   6.0   30   1.0   36   5.8   ≤ 29   0.0   35   5.5   34   5.3   33   4.5   33   4.5   34   5.3   31   4.5   30   4.3   31   4.5   30   4.3   31   4.5   30   4.3   31   4.5   30   4.3   31   4.5   31   31   31   31   31   31   31   3								39					
37   6.0   30   1.0   36   5.8   ≤ 29   0.0   35   5.5		C											
NOTES:       36       5.8       ≤ 29       0.0         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member $must$ : 1) meet minimum value in each of       25       2.8         the four components, $and$ 2) achieve a composite point total ≥ 75 points       24       2.5         *Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5								37		30			
NOTES:       35       5.5         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member $must$ : 1) meet minimum value in each of       25       2.8         the four components, $and$ 2) achieve a composite point total ≥ 75 points       24       2.5         *Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5								36	5.8	≤ 29			
NOTES:       33 * 5.0         Health Risk Category = low, moderate or high risk for current and future       29 4.0         Gardiovascular disease, diabetes, certain cancers, and other health problems       27 3.5         Passing Requirements - member $must$ : 1) meet minimum value in each of       25 2.8         the four components, $and$ 2) achieve a composite point total ≥ 75 points       24 2.5         * Minimum Component Values       22 2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21 1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20 1.7         19 1.5       19								35					
NOTES:33 * 5.0Health Risk Category = low, moderate or high risk for current and future28 3.8cardiovascular disease, diabetes, certain cancers, and other health problems27 3.5Passing Requirements - member $must$ : 1) meet minimum value in each of25 2.8the four components, $and$ 2) achieve a composite point total ≥ 75 points24 2.5* Minimum Component Values22 2.0Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches21 1.8Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute20 1.719 1.5								34	5.3				
NOTES:       32       4.8         Health Risk Category = low, moderate or high risk for current and future       29       4.0         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member must:       1) meet minimum value in each of       25       2.8         the four components, and 2) achieve a composite point total ≥ 75 points       24       2.5         * Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5								33 *	5.0				
NOTES:       30       4.3         Health Risk Category = low, moderate or high risk for current and future       29       4.0         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member must: 1) meet minimum value in each of       25       2.8         the four components, and 2) achieve a composite point total ≥ 75 points       24       2.5         * Minimum Component Values       23       2.3         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5       1.5													
NOTES:       30       4.3         Health Risk Category = low, moderate or high risk for current and future       29       4.0         Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member must: 1) meet minimum value in each of       25       2.8         the four components, and 2) achieve a composite point total ≥ 75 points       24       2.5         * Minimum Component Values       23       2.3         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5       1.5								31	4.5				
NOTES:       29       4.0         Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member $must$ : 1) meet minimum value in each of the four components, $and$ 2) achieve a composite point total ≥ 75 points       24       2.5         * Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7								30					
Health Risk Category = low, moderate or high risk for current and future       28       3.8         cardiovascular disease, diabetes, certain cancers, and other health problems       27       3.5         Passing Requirements - member $must$ : 1) meet minimum value in each of       25       2.8         the four components, $and$ 2) achieve a composite point total ≥ 75 points       24       2.5         * Minimum Component Values       22       2.0         Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches       21       1.8         Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute       20       1.7         19       1.5	NOTES:												
cardiovascular disease, diabetes, certain cancers, and other health problems 27 3.5    Passing Requirements - member $must$ : 1) meet minimum value in each of 25 2.8    the four components, $and$ 2) achieve a composite point total $\geq 75$ points 24 2.5    * Minimum Component Values 22 2.0    Run time $\leq 13:36$ mins:secs / Abd Circ $\leq 39.0$ inches 21 1.8    Push-ups $\geq 33$ repetitions/one minute / Sit-ups $\geq 42$ repetitions/one minute 20 1.7    19 1.5		egory = low, mod	derate or	hig	h risk for	current and futur	re	28					
Passing Requirements - member $must$ : 1) meet minimum value in each of the four components, $and$ 2) achieve a composite point total $\geq 75$ points 24 2.5  * Minimum Component Values 22 2.0  Run time $\leq 13:36$ mins:secs / Abd Circ $\leq 39.0$ inches 21 1.8  Push-ups $\geq 33$ repetitions/one minute / Sit-ups $\geq 42$ repetitions/one minute 20 1.7													
the four components, and 2) achieve a composite point total $\geq 75$ points						•		26	3.0				
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	Passing Require	ments - member	<b>must</b> : 1	) m	eet minin	num value in eacl	n of	25	2.8				
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	the four compon	nents, and 2) ach	ieve a co	mp	osite poi	nt total ≥ 75 poin	ts	24					
$\begin{tabular}{c c c c c c c c c c c c c c c c c c c $				Ĥ	-	•			2.3				
Run time $\leq 13:36$ mins:secs / Abd Circ $\leq 39.0$ inches211.8Push-ups $\geq 33$ repetitions/one minute / Sit-ups $\geq 42$ repetitions/one minute201.7191.5	* Minimum Cor	nponent Values											
Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute     20     1.7       19     1.5			d Circ <	39.0	) inches								
19 1.5						petitions/one mir	nute						
	1			r									
	Composite Scor	e Categories:											
Excellent $\geq 90.0$ pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0 $\leq 17$ 0.0			y = 75.0	- 89	0.9 / Unsa	atisfactory < 75.0							

### FITNESS ASSESSMENT CHART – MALE: AGE: 30 - 39

Cardioresp	oiratory Endura		В	ody Composition	n		Muscle	Muscle Fitness				
Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups			
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points		
≤ 9:34	Low-Risk	60.0		≤ 32.5	Low-Risk	20.0	≥ 57	10.0	≥ 54	10.0		
9:35 - 9:58	Low-Risk	59.3		33.0	Low-Risk	20.0	52	9.5	51	9.5		
9:59 - 10:10	Low-Risk	58.6		33.5	Low-Risk	20.0	51	9.4	50	9.4		
10:11 - 10:23	Low-Risk	57.9		34.0	Low-Risk	20.0	50	9.3	49	9.2		
10:24 - 10:37	Low-Risk	57.3		34.5	Low-Risk	20.0	49	9.2	48	9.0		
10:38 - 10:51	Low-Risk	56.6		35.0	Low-Risk	20.0	48	9.2	47	8.8		
10:52 - 11:06	Low-Risk	55.7		35.5	Moderate Risk	17.6	47	9.1	46	8.7		
11:07 - 11:22	Low-Risk	54.8		36.0	Moderate Risk	17.0	46	9.0	45	8.5		
11:23 - 11:38	Low-Risk	53.7		36.5	Moderate Risk	16.4	45	8.9	44	8.3		
11:39 - 11:56	Low-Risk	52.4		37.0	Moderate Risk	15.8	44	8.8	43	8.0		
11:57 - 12:14	Low-Risk	50.9		37.5	Moderate Risk	15.1	43	8.7	42	7.5		
12:15 - 12:33	Low-Risk	49.2		38.0	Moderate Risk	14.4	42	8.6	41	7.0		
12:34 - 12:53	Low-Risk	47.2		38.5	Moderate Risk	13.5	41	8.5	40	6.5		
12:54 - 13:14	Moderate Risk	44.9		39.0 *	Moderate Risk	12.6	40	8.3	39 *	6.0		
13:15 - 13:36	Moderate Risk	42.3		39.5	High Risk	11.7	39	8.0	38	5.8		
13:37 - 14:00 *	Moderate Risk	39.3		40.0	High Risk	10.6	38	7.8	37	5.5		
14:01 - 14:25	High Risk	35.8		40.5	High Risk	9.4	37	7.7	36	5.0		
14:26 - 14:52	High Risk	31.7		41.0	High Risk	8.2	36	7.5	35	4.0		
14:53 - 15:20	High Risk	27.1		41.5	High Risk	6.8	35	7.3	34	3.8		
15:21 - 15:50	High Risk	21.7		42.0	High Risk	5.3	34	7.0	33	3.5		
15:51 - 16:22	High Risk	15.5		42.5	High Risk	3.7	33	6.8	32	3.0		
16:23 - 16:57	High Risk	8.3		43.0	High Risk	1.9	32	6.7	31	2.5		
≥ 16:58	High Risk	0.0		≥ 43.5	High Risk	0.0	31	6.5	30	2.0		
							30	6.0	29	1.8		
							29	5.5	28	1.5		
							28	5.3	27	1.3		
							27 *	5.0	26	1.0		
							26	4.8	≤ 25	0.0		
							25	4.5				
NOTES:							24	4.0				
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	23	3.8				
cardiovascular o	disease, diabetes,	certain o	canc	ers, and	other health probl	lems	22	3.7				
							21	3.5				
	ements - member						20	3.0				
the four compor	nents, and 2) ach	ieve a co	omp	osite poi	nt total $\geq 75$ point	ts	19	2.5				
							18	2.3				
* Minimum Cor	Minimum Component Values						17	2.0				
Run time $\leq 14:0$	00 mins:secs / Ab	d Circ ≤	39.	0 inches			16	1.8				
Push-ups $\geq 27 \text{ r}$	epetitions/one mi	nute / Si	t-up	s ≥ 39 re	petitions/one min	ute	15	1.5				
Î	_						14	1.3				
Composite Scor	e Categories:						13	1.0				
$Excellent \ge 90.0$	) pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	itisfactory < 75.0		≤ 12	0.0				

# FITNESS ASSESSMENT CHART – MALE: AGE: 40 - 49

Cardiorest	oiratory Endura	nce		В	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 9:45	Low-Risk	60.0		≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 50	10.0
9:46 - 10:10	Low-Risk	59.8		33.0	Low-Risk	20.0	40	9.5	47	9.5
10:11 - 10:23	Low-Risk	59.5		33.5	Low-Risk	20.0	39	9.4	46	9.4
10:24 - 10:37	Low-Risk	59.1		34.0	Low-Risk	20.0	38	9.2	45	9.2
10:38 - 10:51	Low-Risk	58.7		34.5	Low-Risk	20.0	37	9.1	44	9.1
10:52 - 11:06	Low-Risk	58.3		35.0	Low-Risk	20.0	36	9.0	43	9.0
11:07 - 11:22	Low-Risk	57.7		35.5	Moderate Risk	17.6	35	8.8	42	8.8
11:23 - 11:38	Low-Risk	57.1		36.0	Moderate Risk	17.0	34	8.5	41	8.7
11:39 - 11:56	Low-Risk	56.3		36.5	Moderate Risk	16.4	33	8.4	40	8.5
11:57 - 12:14	Low-Risk	55.4		37.0	Moderate Risk	15.8	32	8.3	39	8.0
12:15 - 12:33	Low-Risk	54.3		37.5	Moderate Risk	15.1	31	8.1	38	7.8
12:34 - 12:53	Low-Risk	53.1		38.0	Moderate Risk	14.4	30	8.0	37	7.5
12:54 - 13:14	Low-Risk	51.5		38.5	Moderate Risk	13.5	29	7.5	36	7.0
13:15 - 13:36	Low-Risk	49.8		39.0 *	Moderate Risk	12.6	28	7.3	35	6.5
13:37 - 14:00	Moderate Risk	47.7		39.5	High Risk	11.7	27	7.2	34 *	6.0
14:01 - 14:25	Moderate Risk	45.2		40.0	High Risk	10.6	26	7.0	33	5.8
14:26 - 14:52 *	Moderate Risk	42.3		40.5	High Risk	9.4	25	6.5	32	5.5
14:53 - 15:20	High Risk	38.8		41.0	High Risk	8.2	24	6.0	31	5.0
15:21 - 15:50	High Risk	34.7		41.5	High Risk	6.8	23	5.8	30	4.5
15:51 - 16:22	High Risk	29.9		42.0	High Risk	5.3	22	5.5	29	4.0
16:23 - 16:57	High Risk	24.2		42.5	High Risk	3.7	21 *	5.0	28	3.5
16:58 - 17:34	High Risk	17.4		43.0	High Risk	1.9	20	4.8	27	3.0
17:35 - 18:14	High Risk	9.4		≥ 43.5	High Risk	0.0	19	4.5	26	2.5
≥ 18:15	High Risk	0.0					18	4.0	25	2.3
							17	3.8	24	2.0
NOTES:							16	3.5	23	1.5
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	15	3.0	22	1.0
cardiovascular d	lisease, diabetes,	certain	canc	ers, and o	other health probl	lems	14	2.8	≤ 21	0.0
							13	2.5		
					num value in eacl		12	2.3		
the four compor	nents, and 2) ach	ieve a c	omp	osite poir	nt total $\geq 75$ point	ts	11	2.0		
							10	1.5		
* Minimum Cor							9	1.0		
Run time $\leq 14:5$	2 mins:secs / Ab	d Circ ≤	39.	0 inches			≤ 8	0.0		
Push-ups $\geq 21 \text{ r}$	epetitions/one mi	inute / S	it-up	$s \ge 34 \text{ re}$	petitions/one min	nute				
Composite Scor	e Categories:									
$Excellent \ge 90.0$	pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	tisfactory < 75.0					

### FITNESS ASSESSMENT CHART – MALE: AGE: 50 – 59

$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Points 10.0 9.5									
	10.0									
10:38 - 11:06 Low-Risk 59.7 33.0 Low-Risk 20.0 39 9.5 43										
	9.5									
11:07 - 11:22 Low-Risk 59.4 33.5 Low-Risk 20.0 38 9.4 42										
	9.4									
11:23 - 11:38 Low-Risk 59.0 34.0 Low-Risk 20.0 37 9.4 41	9.2									
11:39 - 11:56 Low-Risk 58.5 34.5 Low-Risk 20.0 36 9.3 40	9.1									
11:57 - 12:14 Low-Risk 58.0 35.0 Low-Risk 20.0 35 9.3 39	9.0									
12:15 - 12:33 Low-Risk 57.3 35.5 Moderate Risk 17.6 34 9.2 38	8.8									
12:34 - 12:53 Low-Risk 56.5 36.0 Moderate Risk 17.0 33 9.2 37	8.7									
12:54 - 13:14 Low-Risk 55.6 36.5 Moderate Risk 16.4 32 9.1 36	8.5									
13:15 - 13:36 Low-Risk 54.5 37.0 Moderate Risk 15.8 31 9.1 35	8.0									
13:37 - 14:00 Low-Risk 53.3 37.5 Moderate Risk 15.1 30 9.0										
14:01 - 14:25	7.5									
14:26 - 14:52 Low-Risk 50.0 38.5 Moderate Risk 13.5 28 8.5 32	7.3									
14:53 - 15:20 Moderate Risk 47.9 39.0 * Moderate Risk 12.6 27 8.3 31	7.0									
15:21 - 15:50 Moderate Risk 45.4 39.5 High Risk 11.7 26 8.2 30	6.5									
15:51 - 16:22 * Moderate Risk   42.4	6.3									
16:23 - 16:57 High Risk 39.0 40.5 High Risk 9.4 24 7.5 28 *	6.0									
16:58 - 17:34 High Risk 34.9 41.0 High Risk 8.2 23 7.3 27	5.5									
17:35 - 18:14 High Risk 30.0 41.5 High Risk 6.8 22 7.2 26	5.0									
18:15 - 18:56 High Risk 24.3 42.0 High Risk 5.3 21 7.0 25	4.5									
18:57 - 19:43 High Risk 17.5 42.5 High Risk 3.7 20 6.5 24	4.0									
19:44 - 20:33 High Risk 9.5 43.0 High Risk 1.9 19 6.0 23	3.8									
$\geq 20.34$ High Risk 0.0 $\geq 43.5$ High Risk 0.0 18 5.8 22	3.5									
17 5.5 21	3.0									
NOTES: 16 5.3 20	2.5									
Health Risk Category = low, moderate or high risk for current and future $15*$ 5.0 19	2.0									
cardiovascular disease, diabetes, certain cancers, and other health problems 14 4.5 18	1.8									
13 4.0 17	1.5									
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of 12 3.8 16	1.3									
the four components, <i>and</i> 2) achieve a composite point total $\geq 75$ points 11 3.5 15	1.0									
10 3.0 ≤ 14	0.0									
* Minimum Component Values 9 2.0										
Run time $\leq$ 16:22 mins:secs / Abd Circ $\leq$ 39.0 inches										
Push-ups $\geq$ 15 repetitions/one minute / Sit-ups $\geq$ 28 repetitions/one minute 7 1.5										
6 1.0										
Composite Score Categories: ≤ 5 0.0										
Excellent $\geq$ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0										

# FITNESS ASSESSMENT CHART - MALE: AGE: 60+

Cardiorest	oiratory Endura	nce		В	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 11:22	Low-Risk	60.0		≤ 32.5	Low-Risk	20.0	≥ 30	10.0	≥ 42	10.0
11:23 - 11:56	Low-Risk	59.7		33.0	Low-Risk	20.0	28	9.5	39	9.5
11:57 - 12:14	Low-Risk	59.4		33.5	Low-Risk	20.0	27	9.3	38	9.4
12:15 - 12:33	Low-Risk	59.0		34.0	Low-Risk	20.0	26	9.0	37	9.2
12:34 - 12:53	Low-Risk	58.5		34.5	Low-Risk	20.0	25	8.8	36	9.1
12:54 - 13:14	Low-Risk	58.0		35.0	Low-Risk	20.0	24	8.5	35	9.0
13:15 - 13:36	Low-Risk	57.3		35.5	Moderate Risk	17.6	23	8.0	34	8.9
13:37 - 14:00	Low-Risk	56.5		36.0	Moderate Risk	17.0	22	7.5	33	8.8
14:01 - 14:25	Low-Risk	55.6		36.5	Moderate Risk	16.4	21	7.0	32	8.6
14:26 - 14:52	Low-Risk	54.5		37.0	Moderate Risk	15.8	20	6.5	31	8.5
14:53 - 15:20	Low-Risk	53.3		37.5	Moderate Risk	15.1	19	6.3	30	8.0
15:21 - 15:50	Low-Risk	51.8		38.0	Moderate Risk	14.4	18	6.0	29	7.8
15:51 - 16:22	Low-Risk	50.0		38.5	Moderate Risk	13.5	17	5.8	28	7.5
16:23 - 16:57	Moderate Risk	47.9		39.0 *	Moderate Risk	12.6	16	5.5	27	7.3
16:58 - 17:34	Moderate Risk	45.4		39.5	High Risk	11.7	15	5.3	26	7.0
17:35 - 18:14 *	Moderate Risk	42.4		40.0	High Risk	10.6	14 *	5.0	25	6.8
18:15 - 18:56	High Risk	39.0		40.5	High Risk	9.4	13	4.8	24	6.5
18:57 - 19:43	High Risk	34.9		41.0	High Risk	8.2	12	4.5	23	6.3
19:44 - 20:33	High Risk	30.0		41.5	High Risk	6.8	11	4.3	22 *	6.0
20:34 - 21:28	High Risk	24.3		42.0	High Risk	5.3	10	4.0	21	5.5
21:29 - 22:28	High Risk	17.5		42.5	High Risk	3.7	9	3.5	20	5.0
22:29 - 23:34	High Risk	9.5		43.0	High Risk	1.9	8	3.0	19	4.0
≥ 23:35	High Risk	0.0		≥ 43.5	High Risk	0.0	7	2.5	18	3.5
							6	2.0	17	3.0
							5	1.5	16	2.5
NOTES:							4	1.0	15	2.0
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	≤ 3	0.0	14	1.8
cardiovascular o	lisease, diabetes,	certain	canc	ers, and o	other health probl	lems			13	1.5
									12	1.3
					num value in eacl				11	1.2
the four compor	nents, and 2) ach	ieve a co	omp	osite poir	nt total $\geq 75$ poin	ts			10	1.0
									≤9	0.0
* Minimum Cor										
	4 mins:secs / Ab									
$Push-ups \ge 14 r$	epetitions/one mi	inute / S	it-up	$s \ge 22 \text{ re}$	petitions/one min	nute				
Composite Scor	e Categories:									
Excellent $\geq$ 90.0	pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	tisfactory < 75.0					

# FITNESS ASSESSMENT CHART – FEMALE: AGE: < 30

Run Time	Cardioresp	oiratory Endura		В	ody Composition	n		Muscle	Fita	ness		
(minas:secs)	-							Push-ups		_		
≤ 10:23         Low-Risk         60.0         ≤ 29.0         Low Risk         20.0         ≥ 47         10.0         ≥ 54         10.5           10:24 - 10:51         Low-Risk         59.9         29.5         Low Risk         20.0         42         9.5         50         9.4           10:52 - 11:06         Low-Risk         59.9         30.0         Low Risk         20.0         41         9.4         50         9.4           11:23 - 11:38         Low-Risk         59.2         30.5         Low Risk         20.0         39         9.2         48         8.9           11:33 - 11:36         Low-Risk         58.0         31.5         Low Risk         20.0         38         9.1         47         8.8           11:57 - 12:14         Low-Risk         58.1         32.0         Moderate Risk         17.6         37         9.0         46         8.6           12:15 - 12:33         Low-Risk         57.6         32.5         Moderate Risk         17.1         36         8.9         45         8.5           12:34 - 12:31         Low-Risk         56.2         33.5         Moderate Risk         15.9         34         8.6         43         7.8           13:37	(mins:secs)	Category	Points			Category	Points		Points			Points
10:52 - 11:06	≤ 10:23	Low-Risk	60.0		≤ 29.0	Low Risk	20.0	≥ 47	10.0		≥ 54	
11:07 - 11:22	10:24 - 10:51	Low-Risk	59.9		29.5	Low Risk	20.0	42	9.5		51	9.5
11:23 - 11:38	10:52 - 11:06	Low-Risk	59.5		30.0	Low Risk	20.0	41	9.4		50	9.4
11:39 - 11:56       Low-Risk       58.6       31.5       Low Risk       20.0       38       9.1       47       8.8         11:57 - 12:14       Low-Risk       58.1       32.0       Moderate Risk       17.6       37       9.0       46       8.6         12:54 - 12:33       Low-Risk       57.6       32.5       Moderate Risk       17.1       36       8.9       45       8.5         12:34 - 12:33       Low-Risk       57.0       33.0       Moderate Risk       16.5       35       8.8       44       8.0         12:54 - 13:14       Low-Risk       56.2       33.5       Moderate Risk       15.9       34       8.6       43       7.8         13:15 - 13:36       Low-Risk       55.3       34.0       Moderate Risk       15.9       34       8.6       43       7.8         13:37 - 14:00       Low-Risk       54.2       34.5       Moderate Risk       15.2       33       8.5       42       7.5         14:01 - 14:25       Low-Risk       51.2       35.5*       Moderate Risk       11.5       30       8.2       39       6.5         14:25 - 15:20       Moderate Risk       49.3       36.0       High Risk       11.8	11:07 - 11:22	Low-Risk	59.2		30.5	Low Risk	20.0	40	9.3		49	9.0
11:57 - 12:14	11:23 - 11:38	Low-Risk	58.9		31.0	Low Risk	20.0	39	9.2		48	8.9
12:15 - 12:33	11:39 - 11:56	Low-Risk	58.6		31.5	Low Risk	20.0	38	9.1		47	8.8
12:34 - 12:53	11:57 - 12:14	Low-Risk	58.1		32.0	Moderate Risk	17.6	37	9.0		46	8.6
12:54 - 13:14	12:15 - 12:33	Low-Risk	57.6		32.5	Moderate Risk	17.1	36	8.9		45	8.5
13:15 - 13:36	12:34 - 12:53	Low-Risk	57.0		33.0	Moderate Risk		35	8.8		44	
13:37 - 14:00	12:54 - 13:14	Low-Risk	56.2		33.5	Moderate Risk		34	8.6		43	7.8
14:01 - 14:25         Low-Risk         52.8         35.0         Moderate Risk         13.7         31         8.3         40         6.8           14:26 - 14:52         Low-Risk         51.2         35.5 **         Moderate Risk         12.8         30         8.2         39         6.5           14:53 - 15:20         Moderate Risk         49.3         36.0         High Risk         11.8         29         8.1         38 **         6.0           15:21 - 15:50         Moderate Risk         49.3         36.5         High Risk         10.7         28         8.0         37         5.5           15:51 - 16:22 **         Moderate Risk         44.1         37.0         High Risk         9.6         27         7.5         36         5.3           16:23 - 16:57         High Risk         40.8         37.5         High Risk         8.3         26         7.3         35         5.0           16:58 - 17:34         High Risk         36.7         38.0         High Risk         6.9         25         7.2         34         4.5           17:35 - 18:14         High Risk         31.8         38.5         High Risk         5.4         24         7.0         33         4.3	13:15 - 13:36	Low-Risk	55.3			Moderate Risk	15.2	33	8.5		42	7.5
14:26 - 14:52         Low-Risk         51.2         35.5 * Moderate Risk         12.8         30         8.2         39         6.5           14:53 - 15:20         Moderate Risk         49.3         36.0         High Risk         11.8         29         8.1         38 * 6.0           15:21 - 15:50         Moderate Risk         46.9         36.5         High Risk         10.7         28         8.0         37         5.5           15:51 - 16:22 * Moderate Risk         44.1         37.0         High Risk         9.6         27         7.5         36         5.3           15:51 - 16:22 * Moderate Risk         40.8         37.5         High Risk         9.6         27         7.5         36         5.3           16:33 - 16:57         High Risk         40.8         37.5         High Risk         8.0         27         7.2         34         4.5           16:58 - 17:34         High Risk         36.7         38.0         High Risk         6.9         25         7.2         34         4.5           17:35 - 18:14         High Risk         31.8         38.5         High Risk         5.4         24         7.0         33         4.3           18:15 - 18:56         High Risk	13:37 - 14:00	Low-Risk	54.2		34.5	Moderate Risk	14.5	32	8.4		41	7.0
14:53 - 15:20       Moderate Risk       49.3       36.0       High Risk       11.8       29       8.1       38 *       6.0         15:21 - 15:50       Moderate Risk       46.9       36.5       High Risk       10.7       28       8.0       37       5.5         15:51 - 16:22 *       Moderate Risk       44.1       37.0       High Risk       9.6       27       7.5       36       5.3         16:23 - 16:57       High Risk       40.8       37.5       High Risk       8.3       26       7.3       35       5.0         16:58 - 17:34       High Risk       36.7       38.0       High Risk       8.3       26       7.2       34       4.5         17:35 - 18:14       High Risk       31.8       38.5       High Risk       5.4       24       7.0       33       4.3         18:57 - 19:43       High Risk       25.9       39.0       High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       19       5.5       28       2.5	14:01 - 14:25	Low-Risk	52.8			Moderate Risk	13.7	31			-	6.8
15:21 - 15:50   Moderate Risk   46.9   36.5   High Risk   10.7   28   8.0   37   5.5     15:51 - 16:22 * Moderate Risk   44.1   37.0   High Risk   9.6   27   7.5   36   5.3     16:23 - 16:57   High Risk   40.8   37.5   High Risk   8.3   26   7.3   35   5.0     16:58 - 17:34   High Risk   36.7   38.0   High Risk   6.9   25   7.2   34   4.5     17:35 - 18:14   High Risk   31.8   38.5   High Risk   5.4   24   7.0   33   4.3     18:15 - 18:56   High Risk   25.9   39.0   High Risk   3.8   23   6.5   32   4.0     18:57 - 19:43   High Risk   10.3   ≥ 40.0   High Risk   0.0   21   6.0   30   3.0     ≥ 20:34   High Risk   0.0   High Risk   0.0   21   6.0   30   3.0     ≥ 20:34   High Risk   0.0   High Risk   0.0   21   6.0   30   3.0     NOTES:	14:26 - 14:52	Low-Risk	51.2		35.5 *	Moderate Risk	12.8	30	8.2		39	6.5
15:51 - 16:22 * Moderate Risk       44.1       37.0       High Risk       9.6       27       7.5       36       5.3         16:23 - 16:57 High Risk       40.8       37.5       High Risk       8.3       26       7.3       35       5.0         16:58 - 17:34 High Risk       36.7       38.0 High Risk       6.9       25       7.2       34       4.5         17:35 - 18:14 High Risk       31.8       38.5 High Risk       5.4       24       7.0       33       4.3         18:15 - 18:56 High Risk       25.9       39.0 High Risk       3.8       23       6.5       32       4.0         18:57 - 19:43 High Risk       18.8       39.5 High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33 High Risk       10.3       ≥ 40.0 High Risk       0.0       21       6.0       30       3.0         ≥ 20:34 High Risk       0.0       19       5.5       28       2.9       2.8         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must: 1)	14:53 - 15:20	Moderate Risk	49.3		36.0	High Risk	11.8	29	8.1		38 *	6.0
16:23 - 16:57         High Risk         40.8         37.5         High Risk         8.3         26         7.3         35         5.0           16:58 - 17:34         High Risk         36.7         38.0         High Risk         6.9         25         7.2         34         4.5           17:35 - 18:14         High Risk         31.8         38.5         High Risk         5.4         24         7.0         33         4.3           18:15 - 18:56         High Risk         25.9         39.0         High Risk         3.8         23         6.5         32         4.0           18:57 - 19:43         High Risk         18.8         39.5         High Risk         2.0         22         6.3         31         3.5           19:44 - 20:33         High Risk         10.3         ≥ 40.0         High Risk         0.0         21         6.0         30         3.0           ≥ 20:34         High Risk         0.0         20         5.8         29         2.8           Health Risk Category = low, moderate or high risk for current and future         16         4.3         25         1.7           cardiovascular disease, diabetes, certain cancers, and other health problems         15         4.0         24	15:21 - 15:50	Moderate Risk	46.9		36.5	High Risk	10.7	28	8.0		37	5.5
16:58 - 17:34       High Risk       36.7       38.0       High Risk       6.9       25       7.2       34       4.5         17:35 - 18:14       High Risk       31.8       38.5       High Risk       5.4       24       7.0       33       4.3         18:15 - 18:56       High Risk       25.9       39.0       High Risk       3.8       23       6.5       32       4.0         18:57 - 19:43       High Risk       18.8       39.5       High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       20       5.8       29       2.8         NOTES:       19       5.5       28       2.5         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must: 1) meet minimum value in each of       13       3.0       ≤22       0.0         the four components, and 2) achieve a	15:51 - 16:22 *	Moderate Risk	44.1		37.0	High Risk	9.6	27	7.5		36	5.3
17:35 - 18:14       High Risk       31.8       38.5       High Risk       5.4       24       7.0       33       4.3         18:15 - 18:56       High Risk       25.9       39.0       High Risk       3.8       23       6.5       32       4.0         18:57 - 19:43       High Risk       18.8       39.5       High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       20       5.8       29       2.8         NOTES:       19       5.5       28       2.5         NOTES:       17       4.5       26       1.8         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must:       1) meet minimum value in each of       13       3.0       ≤22       0.0         the four components, and 2) achieve a composite point total ≥ 75 points       12       2.8	16:23 - 16:57	High Risk	40.8		37.5	High Risk	8.3	26	7.3		35	5.0
18:15 - 18:56       High Risk       25.9       39.0       High Risk       3.8       23       6.5       32       4.0         18:57 - 19:43       High Risk       18.8       39.5       High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       20       5.8       29       2.8         19       5.5       28       2.5         NOTES:       17       4.5       26       1.8         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points       12       2.8         * Minimum Component Values       10       2.0       2.0         Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches       9       1.5         Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute       8       1.0 <tr< td=""><td>16:58 - 17:34</td><td>High Risk</td><td>36.7</td><td></td><td>38.0</td><td>High Risk</td><td>6.9</td><td>25</td><td>7.2</td><td></td><td>34</td><td>4.5</td></tr<>	16:58 - 17:34	High Risk	36.7		38.0	High Risk	6.9	25	7.2		34	4.5
18:57 - 19:43       High Risk       18.8       39.5       High Risk       2.0       22       6.3       31       3.5         19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       20       5.8       29       2.8         19       5.5       28       2.5         NOTES:       17       4.5       26       1.8         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must: 1) meet minimum value in each of       13       3.0       ≤22       0.0         the four components, and 2) achieve a composite point total ≥ 75 points       12       2.8       11       2.5         * Minimum Component Values       10       2.0       2.0       11       2.5       1.5         Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute       8       1.0       2.7       0.0       2.0         Composite Score Categories:       10       2.7       0.	17:35 - 18:14	High Risk	31.8		38.5	High Risk	5.4	24	7.0		33	4.3
19:44 - 20:33       High Risk       10.3       ≥ 40.0       High Risk       0.0       21       6.0       30       3.0         ≥ 20:34       High Risk       0.0       20       5.8       29       2.8         19       5.5       28       2.5         18*       5.0       27       2.0         NOTES:       17       4.5       26       1.8         Health Risk Category = low, moderate or high risk for current and future       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must:       1) meet minimum value in each of       13       3.0       ≤22       0.0         the four components, and 2) achieve a composite point total ≥ 75 points       12       2.8       11       2.5       11       2.5       11       2.5       11       2.5       11       2.5       11       2.5       12       2.8       10       12       2.8       11       2.5       12       2.8       11       2.5       12       2.8       11       2.5       12       2.8       12       2.8       13       13       3.0       2.0 <td>18:15 - 18:56</td> <td>High Risk</td> <td>25.9</td> <td></td> <td>39.0</td> <td>High Risk</td> <td>3.8</td> <td>23</td> <td>6.5</td> <td></td> <td>32</td> <td>4.0</td>	18:15 - 18:56	High Risk	25.9		39.0	High Risk	3.8	23	6.5		32	4.0
≥ 20:34       High Risk       0.0       20       5.8       29       2.8         19       5.5       28       2.5         10       18*       5.0       27       2.0         10       17       4.5       26       1.8         10       17       4.5       26       1.8         11       4.5       26       1.8         12       4.0       24       1.5         15       4.0       24       1.5         16       4.3       25       1.7         17       4.5       26       1.8         18       4.0       24       1.5         19       15       4.0       24       1.5         10       2.0       1.0       2.0       1.0         10       2.0       1.0       1.0       2.0       1.0         10       2.0       1.0       1.0       2.0       1.0         10       2.0       1.0       1.0       2.0       1.0         10       2.0       1.0       1.0       1.0       1.0       1.0         10       2.0       1.0       1.0       1.0       1.0	18:57 - 19:43	High Risk	18.8		39.5	High Risk	2.0	22	6.3		31	3.5
NOTES:	19:44 - 20:33	High Risk	10.3		≥ 40.0	High Risk	0.0	21	6.0		30	3.0
NOTES:18 * 5.0272.0NOTES:174.5261.8Health Risk Category = low, moderate or high risk for current and future164.3251.7cardiovascular disease, diabetes, certain cancers, and other health problems154.0241.5Passing Requirements - member $must$ : 1) meet minimum value in each of the four components, $and$ 2) achieve a composite point total $\geq 75$ points122.8* Minimum Component Values102.0Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches91.5Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute81.0Composite Score Categories: $\leq 7$ 0.0	≥ 20:34	High Risk	0.0					20	5.8		29	2.8
NOTES:       17       4.5       26       1.8         Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems       16       4.3       25       1.7         cardiovascular disease, diabetes, certain cancers, and other health problems       15       4.0       24       1.5         Passing Requirements - member must:       1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points       12       2.8         * Minimum Component Values       10       2.0         * Minimum Component Values       9       1.5         Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute       8       1.0         Composite Score Categories:       27       0.0		-						19	5.5		28	2.5
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems 15 4.0 24 1.5  Passing Requirements - member $must$ : 1) meet minimum value in each of 13 3.0 $\leq$ 22 0.0 the four components, $and$ 2) achieve a composite point total $\geq$ 75 points 12 2.8  * Minimum Component Values 10 2.0  Run time $\leq$ 16:22 mins:secs / Abd Circ $\leq$ 35.5 inches 9 1.5  Push-ups $\geq$ 18 repetitions/one minute / Sit-ups $\geq$ 38 repetitions/one minute 8 1.0  Composite Score Categories: $\leq$ 7 0.0								18 *	5.0		27	2.0
cardiovascular disease, diabetes, certain cancers, and other health problems  15 4.0 24 1.5  Passing Requirements - member $must$ : 1) meet minimum value in each of 13 3.0 $\leq$ 22 0.0  the four components, $and$ 2) achieve a composite point total $\geq$ 75 points 12 2.8  * Minimum Component Values  Run time $\leq$ 16:22 mins:secs / Abd Circ $\leq$ 35.5 inches  Push-ups $\geq$ 18 repetitions/one minute / Sit-ups $\geq$ 38 repetitions/one minute  8 1.0  Composite Score Categories:	NOTES:							17	4.5		26	1.8
Passing Requirements - member $must$ : 1) meet minimum value in each of the four components, $and$ 2) achieve a composite point total $\geq 75$ points 12 2.8  * Minimum Component Values  Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches  Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute  * Composite Score Categories:	Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	16	4.3		25	1.7
Passing Requirements - member $must$ : 1) meet minimum value in each of the four components, $and$ 2) achieve a composite point total $\geq 75$ points 12 2.8  * Minimum Component Values 10 2.0  Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches 9 1.5  Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute 8 1.0  Composite Score Categories: $\leq 7$ 0.0	cardiovascular d	lisease, diabetes,	certain o	canc	ers, and	other health probl	lems	15	4.0		24	1.5
the four components, and 2) achieve a composite point total $\geq 75$ points 12 2.8  * Minimum Component Values 10 2.0  *Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches 9 1.5  Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute 8 1.0  Composite Score Categories: $\leq 7$ 0.0						•		14	3.5		23	1.0
the four components, and 2) achieve a composite point total $\geq 75$ points 12 2.8   * Minimum Component Values 10 2.0   Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches 9 1.5   Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute 8 1.0   Composite Score Categories: $\leq 7$ 0.0	Passing Require	ments - member	must : 1	) m	eet minin	num value in each	n of	13			≤ 22	0.0
* Minimum Component Values     10     2.0       * Run time $\leq 16:22$ mins: secs / Abd Circ $\leq 35.5$ inches     9     1.5       Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute     8     1.0       Composite Score Categories: $\leq 7$ 0.0	the four compor	nents, and 2) ach	ieve a co	omp	osite poii	nt total $\geq 75$ point	ts	12	2.8			
* Minimum Component Values       10       2.0         Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches       9       1.5         Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute       8       1.0         Composite Score Categories:       ≤ 7       0.0		-					11					
Run time $\leq 16:22$ mins:secs / Abd Circ $\leq 35.5$ inches     9     1.5       Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute     8     1.0       Composite Score Categories: $\leq 7$ 0.0	* Minimum Cor	nponent Values						10				
Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute     8     1.0       Composite Score Categories: $\leq 7$ 0.0			d Circ <	35	5 inches							
Composite Score Categories: $\leq 7$ 0.0						petitions/one min	ute					
Composite Score Categories:		1		Т								
	Composite Scor	e Categories:										
Excellent $\geq 90.0$ pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0			y = 75.0	- 89	0.9 / Unsa	tisfactory < 75.0						

# FITNESS ASSESSMENT CHART – FEMALE: AGE: 30 – 39

Cardiorespiratory Endurance Body Composition Muscle Fitness								Muscle	Fitness	
Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 10:51	Low-Risk	60.0		≤ 29.0	Low Risk	20.0	≥ 46	10.0	≥ 45	10.0
10:52 - 11:22	Low-Risk	59.5		29.5	Low Risk	20.0	40	9.5	42	9.5
11:23 - 11:38	Low-Risk	59.0		30.0	Low Risk	20.0	39	9.4	41	9.4
11:39 - 11:56	Low-Risk	58.6		30.5	Low Risk	20.0	38	9.3	40	9.0
11:57 - 12:14	Low-Risk	58.1		31.0	Low Risk	20.0	37	9.3	39	8.8
12:15 - 12:33	Low-Risk	57.6		31.5	Low Risk	20.0	36	9.2	38	8.5
12:34 - 12:53	Low-Risk	57.0		32.0	Moderate Risk	17.6	35	9.1	37	8.3
12:54 - 13:14	Low-Risk	56.2		32.5	Moderate Risk	17.1	34	9.1	36	8.2
13:15 - 13:36	Low-Risk	55.3		33.0	Moderate Risk	16.5	33	9.0	35	8.0
13:37 - 14:00	Low-Risk	54.2		33.5	Moderate Risk	15.9	32	8.9	34	7.8
14:01 - 14:25	Low-Risk	52.8		34.0	Moderate Risk	15.2	31	8.9	33	7.5
14:26 - 14:52	Low-Risk	51.2		34.5	Moderate Risk	14.5	30	8.8	32	7.0
14:53 - 15:20	Low-Risk	49.3		35.0	Moderate Risk	13.7	29	8.7	31	6.8
15:21 - 15:50	Moderate Risk	46.9		35.5 *	Moderate Risk	12.8	28	8.6	30	6.5
15:51 - 16:22	Moderate Risk	44.1		36.0	High Risk	11.8	27	8.6	29 *	6.0
16:23 - 16:57 *	Moderate Risk	40.8		36.5	High Risk	10.7	26	8.5	28	5.5
16:58 - 17:34	High Risk	36.7		37.0	High Risk	9.6	25	8.3	27	5.0
17:35 - 18:14	High Risk	31.8		37.5	High Risk	8.3	24	8.2	26	4.5
18:15 - 18:56	High Risk	25.9		38.0	High Risk	6.9	23	8.0	25	4.0
18:57 - 19:43	High Risk	18.8		38.5	High Risk	5.4	22	7.9	24	3.5
19:44 - 20:33	High Risk	10.3		39.0	High Risk	3.8	21	7.8	23	3.3
≥ 20:34	High Risk	0.0		39.5	High Risk	2.0	20	7.6	22	3.0
				≥ 40.0	High Risk	0.0	19	7.5	21	2.5
							18	7.0	20	2.0
NOTES:							17	6.8	19	1.8
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	16	6.5	18	1.5
cardiovascular d	lisease, diabetes,	certain	canc	ers, and o	other health probl	lems	15	6.0	17	1.3
							14 *	5.0	16	1.2
Passing Require	ments - member	must:	1) m	eet minin	num value in eacl	n of	13	4.5	15	1.0
the four compor	nents, and 2) ach	ieve a c	omp	osite poii	nt total ≥ 75 poin	ts	12	4.3	≤ 14	0.0
							11	4.0		
* Minimum Cor	* Minimum Component Values						10	3.5		
Run time $\leq 16:5$	7 mins:secs / Ab	d Circ ≤	35.	5 inches			9	3.0		
					petitions/one min	nute	8	2.0		
Î	_						7	1.5		
Composite Scor	e Categories:					6	1.0			
$Excellent \ge 90.0$	) pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	atisfactory < 75.0		≤ <b>5</b>	0.0		

# FITNESS ASSESSMENT CHART – FEMALE: AGE: 40 – 49

Cardioresp	oiratory Endura		В	ody Composition	n		Muscle	Fitness		
Run Time	Health Risk			AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 11:22	Low-Risk	60.0		≤ 29.0	Low Risk	20.0	≥ 38	10.0	≥ 41	10.0
11:23 - 11:56	Low-Risk	59.9		29.5	Low Risk	20.0	33	9.5	38	9.5
11:57 - 12:14	Low-Risk	59.8		30.0	Low Risk	20.0	32	9.4	37	9.4
12:15 - 12:33	Low-Risk	59.6		30.5	Low Risk	20.0	31	9.2	36	9.2
12:34 - 12:53	Low-Risk	59.4		31.0	Low Risk	20.0	30	9.1	35	9.1
12:54 - 13:14	Low-Risk	59.1		31.5	Low Risk	20.0	29	9.0	34	9.0
13:15 - 13:36	Low-Risk	58.7		32.0	Moderate Risk	17.6	28	8.9	33	8.8
13:37 - 14:00	Low-Risk	58.2		32.5	Moderate Risk	17.1	27	8.8	32	8.5
14:01 - 14:25	Low-Risk	57.7		33.0	Moderate Risk	16.5	26	8.7	31	8.3
14:26 - 14:52	Low-Risk	56.9		33.5	Moderate Risk	15.9	25	8.6	30	8.2
14:53 - 15:20	Low-Risk	56.0		34.0	Moderate Risk	15.2	24	8.6	29	8.0
15:21 - 15:50	Low-Risk	54.8		34.5	Moderate Risk	14.5	23	8.5	28	7.5
15:51 - 16:22	Low-Risk	53.3		35.0	Moderate Risk	13.7	22	8.4	27	7.0
16:23 - 16:57	Moderate Risk	51.4		35.5 *	Moderate Risk	12.8	21	8.3	26	6.8
16:58 - 17:34	Moderate Risk	49.0		36.0	High Risk	11.8	20	8.2	25	6.4
17:35 - 18:14 *	Moderate Risk	45.9		36.5	High Risk	10.7	19	8.1	24 *	6.0
18:15 - 18:56	High Risk	42.0		37.0	High Risk	9.6	18	8.0	23	5.5
18:57 - 19:43	High Risk	37.1		37.5	High Risk	8.3	17	7.8	22	5.0
19:44 - 20:33	High Risk	30.8		38.0	High Risk	6.9	16	7.5	21	4.5
20:34 - 21:28	High Risk	22.9		38.5	High Risk	5.4	15	7.0	20	4.0
21:29 - 22:28	High Risk	12.8		39.0	High Risk	3.8	14	6.5	19	3.5
≥ 22:29	High Risk	0.0		39.5	High Risk	2.0	13	6.0	18	3.3
				≥ 40.0	High Risk	0.0	12	5.5	17	3.0
							11 *	5.0	16	2.5
NOTES:							10	4.5	15	2.3
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	9	4.0	14	2.0
cardiovascular d	lisease, diabetes,	certain o	canc	ers, and o	other health probl	lems	8	3.5	13	1.5
							7	3.0	12	1.3
Passing Require	ments - member	must:	l) m	eet minin	num value in eacl	n of	6	2.0	11	1.2
the four compor	nents, and 2) ach	ieve a co	omp	osite poii	nt total ≥ 75 poin	ts	5	1.5	10	1.0
							4	1.0	≤9	0.0
* Minimum Cor	mponent Values						≤ 3	0.0		
	4 mins:secs / Ab	d Circ ≤	35	5 inches						
					petitions/one mir	ute				
Î	_									
Composite Scor	e Categories:									
$Excellent \ge 90.0$	) pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	atisfactory < 75.0					

# FITNESS ASSESSMENT CHART – FEMALE: AGE: 50 – 59

Cardioresp	oiratory Endura	nce		В	ody Composition	n		Muscle	Fitn	ess	
Run Time	Health Risk			AC	Health Risk		Push-ups		S	it-ups	
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(re	ps/min)	Points
≤ 12:53	Low-Risk	60.0		≤ 29.0	Low Risk	20.0	≥ 35	10.0		≥ 32	10.0
12:54 - 13:36	Low-Risk	59.8		29.5	Low Risk	20.0	30	9.5		30	9.5
13:37 - 14:00	Low-Risk	59.6		30.0	Low Risk	20.0	29	9.4		29	9.0
14:01 - 14:25	Low-Risk	59.3		30.5	Low Risk	20.0	28	9.3		28	8.9
14:26 - 14:52	Low-Risk	58.9		31.0	Low Risk	20.0	27	9.2		27	8.8
14:53 - 15:20	Low-Risk	58.4		31.5	Low Risk	20.0	26	9.1		26	8.6
15:21 - 15:50	Low-Risk	57.7		32.0	Moderate Risk	17.6	25	9.0		25	8.5
15:51 - 16:22	Low-Risk	56.8		32.5	Moderate Risk	17.1	24	8.8		24	8.0
16:23 - 16:57	Low-Risk	55.6		33.0	Moderate Risk	16.5	23	8.7		23	7.6
16:58 - 17:34	Low-Risk	54.0		33.5	Moderate Risk	15.9	22	8.6		22	7.0
17:35 - 18:14	Low-Risk	51.9		34.0	Moderate Risk	15.2	21	8.6		21	6.5
18:15 - 18:56	Moderate Risk	49.2		34.5	Moderate Risk	14.5	20	8.5		20 *	6.0
18:57 - 19:43 *	Moderate Risk	45.5		35.0	Moderate Risk	13.7	19	8.4		19	5.5
19:44 - 20:33	High Risk	40.7		35.5 *	Moderate Risk	12.8	18	8.3		18	5.3
20:34 - 21:28	High Risk	34.3		36.0	High Risk	11.8	17	8.2		17	5.0
21:29 - 22:28	High Risk	25.9		36.5	High Risk	10.7	16	8.1		16	4.5
22:29 - 23:34	High Risk	14.7		37.0	High Risk	9.6	15	8.0		15	4.3
≥ 23:35	High Risk	0.0		37.5	High Risk	8.3	14	7.5		14	4.0
				38.0	High Risk	6.9	13	7.0		13	3.6
				38.5	High Risk	5.4	12	6.5		12	3.0
				39.0	High Risk	3.8	11	6.0		11	2.5
				39.5	High Risk	2.0	10	5.5		10	2.0
				≥ 40.0	High Risk	0.0	9 *	5.0		9	1.8
							8	4.5		8	1.7
NOTES:							7	4.0		7	1.5
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re	6	3.5		6	1.0
cardiovascular o	disease, diabetes,	certain o	canc	ers, and o	other health probl	lems	5	3.0		≤ 5	0.0
							4	2.0			
Passing Require	ements - member	must:	l) m	eet minin	num value in eacl	n of	3	1.0			
the four compor	nents, and 2) ach	ieve a co	omp	osite poii	nt total ≥ 75 poin	ts	≤2	0.0			
	mponent Values										
Run time $\leq 19:4$	13 mins:secs / Ab	d Circ ≤	35.	5 inches							
Push-ups $\geq 9 \text{ re}$	petitions/one min	ute / Sit	-ups	≥ 20 rep	etitions/one minu	ite					
Composite Scor											
Excellent $\geq$ 90.0	) pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	atisfactory < 75.0						

### FITNESS ASSESSMENT CHART – FEMALE: AGE: 60+

Cardioresp	oiratory Endura		В	ody Composition	n		Muscle	Fitness		
Run Time	Health Risk			AC	Health Risk		Push-ups	Sit-ups		
(mins:secs)	Category	Points		(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 14:00	Low-Risk	60.0		≤ 29.0	Low Risk	20.0	≥ 21	10.0	≥ 31	10.0
14:01 - 14:52	Low-Risk	59.8		29.5	Low Risk	20.0	19	9.5	28	9.5
14:53 - 15:20	Low-Risk	59.5		30.0	Low Risk	20.0	18	9.4	27	9.4
15:21 - 15:50	Low-Risk	59.1		30.5	Low Risk	20.0	17	9.0	26	9.0
15:51 - 16:22	Low-Risk	58.6		31.0	Low Risk	20.0	16	8.8	25	8.9
16:23 - 16:57	Low-Risk	57.9		31.5	Low Risk	20.0	15	8.5	24	8.8
16:58 - 17:34	Low-Risk	57.0		32.0	Moderate Risk	17.6	14	8.0	23	8.7
17:35 - 18:14	Low-Risk	55.8		32.5	Moderate Risk	17.1	13	7.5	22	8.6
18:15 - 18:56	Low-Risk	54.2		33.0	Moderate Risk	16.5	12	7.0	21	8.5
18:57 - 19:43	Low-Risk	52.1		33.5	Moderate Risk	15.9	11	6.5	20	8.4
19:44 - 20:33	Moderate Risk	49.3		34.0	Moderate Risk	15.2	10	6.0	19	8.3
20:34 - 21:28	Moderate Risk	45.6		34.5	Moderate Risk	14.5	9	5.7	18	8.2
21:29 - 22:28 *	Moderate Risk	40.8		35.0	Moderate Risk	13.7	8	5.3	17	8.0
22:29 - 23:34	High Risk	34.4		35.5 *	Moderate Risk	12.8	7 *	5.0	16	7.8
23:35 - 24:46	High Risk	26.0		36.0	High Risk	11.8	6	4.5	15	7.5
24:47 - 26:06	High Risk	14.8		36.5	High Risk	10.7	5	4.0	14	7.3
≥ 26:07	High Risk	0.0		37.0	High Risk	9.6	4	3.0	13	7.0
	-			37.5	High Risk	8.3	3	2.0	12	6.5
				38.0	High Risk	6.9	2	1.0	11 *	6.0
				38.5	High Risk	5.4	≤1	0.0	10	5.5
				39.0	High Risk	3.8			9	5.3
				39.5	High Risk	2.0			8	4.5
				≥ 40.0	High Risk	0.0			7	4.3
									6	4.0
NOTES:									5	3.5
Health Risk Cat	egory = low, mod	derate or	hig	h risk for	current and futur	re			4	2.5
cardiovascular d	lisease, diabetes,	certain o	canc	ers, and o	other health probl	lems			3	2.0
									2	1.5
					num value in eacl				≤ 1	0.0
the four compor	nents, and 2) ach	ieve a co	omp	osite poir	nt total $\geq 75$ poin	ts				
* Minimum Cor	mponent Values									
Run time $\leq 22:2$	28 mins:secs / Ab	d Circ ≤	35.	5 inches						
Push-ups ≥ 7 rep	petitions/one min	ute / Sit-	-ups	≥ 11 rep	etitions/one minu	ite				
				-						
Composite Scor										
Excellent $\geq 90.0$	) pts / Satisfactor	y = 75.0	- 89	9.9 / Unsa	ntisfactory < 75.0					